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Reminders

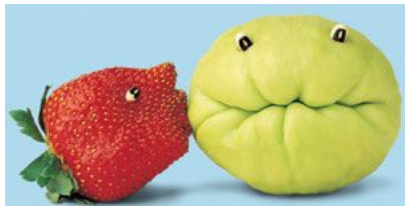
School Breaks: Will you be working?

Be sure to let us know if you plan to close or take time off for upcoming Winter/Ski and Spring breaks.

Webbers: Update the calendars of individual children to reflect their particular school/school district vacations. *Scanners:* Make sure your CIF reflects the specific school breaks that affect you and the children in your care.

Juice ..Not a Lunch/Dinner Food

Fruit and vegetable juices are not reimbursable at lunch or dinner in place of whole fruits or vegetables. Juices are allowed at only breakfast and snacks.



Happy Valentine's Day!

Office Closures:

Our offices will be closed Monday, February 15, President's Day.

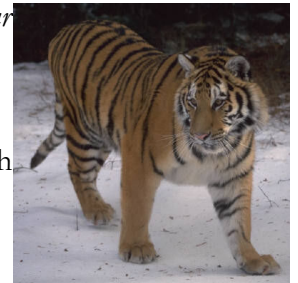
This Month's claim deadlines:

WebKids & Scanners: Submit claims by Friday, February 5th.

February Calendar of Events & Celebrations

February is Hot Breakfast Month as well as the 14th-20th being Pancake Week Minute Menu Magic on page 4 incorporates the two themes this month by featuring recipes for a cornmeal porridge and carrot cake pancakes. YUM!

February 14th is the start of the Chinese New Year - the Year of the Tiger Tradition dictates starting the year with a meal of long noodles and chicken, purported to bring you luck and long life. Also, take a shower on the 13th and wear a new outfit. Then, avoid bathing on the 14th lest you wash away all your good luck.



"The test of our progress is not whether we add more to the abundance of those who have enough; it is whether we provide enough for those who have too little."
Franklin Delano Roosevelt

Trainings This Month

Choices for Children is hosting provider/parent trainings in your area. This Month's offerings include:

February 20th, 8am-5pm, **CPR & First Aid Training**

Play & Learn and **Positive Parenting Solutions** are both up and running. And a new **Spanish Play & Learn** group is getting off the ground. Join us at Schnell School from 9:30-11:30am on February and March 10 & 24.

Give us a call at 530 676 0707 or visit our website at www.choices4children.org for more information and to sign up.

**Kid's Expo Coming
Save the Date**

Mark your calendar now for our 25th Annual Kid's Expo on Saturday April 10, 10am-3pm, at the El Dorado County Fairground.

This FREE event is for children and families and features hands-on activities, performances and entertainment. Don't miss it!





National Wear Red Day

The red dress is the national symbol for women and heart disease, chosen because *Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women*®. National Wear Red Day, February 5th this year, serves as a reminder to every woman to care for their heart and learn about ways to reduce their risk of heart disease. Wearing red on that day is a way to show your commitment to heart health.

Some heart disease risk factors are within our control such as smoking, high blood cholesterol, high blood pressure, overweight/obesity, physical inactivity, and diabetes.

Having multiple risk factor is especially serious.

Age becomes a risk factor at 55, so it is critical for all of us to start addressing the risk factors we already have to get them under control before reaching age 55.

Keeping the “Heart” in your recipes is one way to influence a few of the risk factors including high blood pressure and cholesterol, and overweight. Check out these easy changes:

Dairy Products

- Cook with low fat, fat free, nonfat dry, or evaporated fat free milk

Spices & Flavorings

- Use a variety of herbs and spices in place of salt, and choose low-sodium bouillon and broths

Oil and Butter

- Use cooking spray to lower fat and calories
- Use a small amount of vegetable oil instead of lard, butter or other fats that are solid at room temperature
- Use fat free or low fat dressing, yogurt, or mayonnaise
- For salad dressing, use equal parts water and vinegar and half the oil

Meats, Poultry and Eggs

- Choose lean cuts of meat and remove any visible fat
- Remove skin from chicken and other poultry
- Bake or cook with 3 egg whites and 1 egg yolk instead of 2

whole eggs.

Soups and Stews

- Remove fat from homemade broths, soups and stews by preparing them, then chilling. Before reheating, lift the hardened fat off the surface.

Breads

- For muffins/quick breads, use 3 bananas instead of 1/2 cup of butter or oil, or substitute applesauce for an equal amount of butter, oil or shortening.

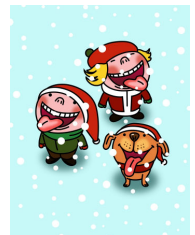
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Source: National Heart Lung & Blood Institute website, www.nhlbi.nih.gov

Kids & Cold Weather

Keeping kids active all year usually involves outdoor play, even in cold and wet weather. They will be much more willing to venture outside if they are prepared for whatever the weather brings. Here are some precautions to keep kids warm, dry and protected:

- Outfit kids with appropriate winter clothing (hat, gloves, jacket, snow or rain boots, snow pants, etc.)
- Hats should fit snugly and cover ears to protect from cold and minimize heat loss.
- For hands, mittens are the best choice as they provide better protection for small fingers than do gloves. Whether mittens or gloves, waterproofing is essential.
- Layers of loose clothing provide insulation:. Start with a cotton layer near the body, then an insulating layer of fleece or wool, and a waterproof outer layer.
- Check to be sure footwear is waterproof, insulated and fits properly (Too tight footwear will inhibit blood flow and cause cold feet.).
- Get kids indoors quickly if their hands or feet become soaked.
- Frostbite can happen, sometimes in less than an hour, when temperatures are below freezing and kids are in wet clothing. So, limit the time spent outside and take frequent breaks to warm up.
- Know the signs of frostbite: First, red skin, along with burning or tingling. Then , gray, white or yellow skin discoloration, numbness, waxy feeling of skin. Seek medical attention immediately if children have any of these signs. Fingers, toes and ears are the most vulnerable to frostbite so keep those warm and dry.
- Know the signs of hypothermia: confusion, dizziness, exhaustion and severe shivering. Again, seek medical attention immediately .



Providers of the Month DECEMBER 2009

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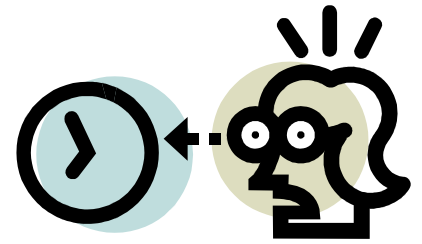
Congratulations!

Don't let the cold weather scare you, rather continue to encourage outdoor activity. Being prepared is half the battle. And a cup of hot cocoa to help warm you up is it's own reward.

Sources: Parents, 12/06, Top Health, 1/03, Top Safety, 2/06



Heart Disease and Stress



Are stress and heart disease related? Does stress increase the risk of heart disease? Stress is a normal part of life. But, if left unmanaged, stress can lead to emotional, psychological, and even physical problems, including heart disease, high blood pressure, chest pains, or irregular heartbeats.

How Does Stress Increase the Risk for Heart Disease?

Medical researchers aren't sure exactly how stress increases the risk of heart disease. Stress itself might be a risk factor, or it could be that high levels of stress make other risk factors (such as high cholesterol or high blood pressure) worse. For example, if you are under stress, your blood pressure goes up, you may overeat, you may exercise less, and you may be more likely to smoke. If stress itself is a risk factor for heart disease, it could be because chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attack.

Does Stress Affect Everyone the Same?

No. People respond in different ways to events and situations. One person may find an event joyful and gratifying, but another person may find the same event miserable and frustrating. Sometimes, people may handle stress in ways that make bad situations worse by reacting with feelings of anger, guilt, fear, hostility, anxiety, and moodiness. Others may face life's challenges with ease.

What Causes Stress?

Stress can be caused by a physical or emotional change, or a change in your environment that requires you to adjust or respond. Things that make you feel stressed are called "stressors." Stressors can be minor hassles, major lifestyle changes, or a combination of both. Being able to identify stressors in your life and releasing the tension they cause are the keys to managing stress.

How Can I Reduce My Stressors?

While it is impossible to live your life completely stress-free, it is possible to reduce the harmful effects of certain stressors on you and your heart. Here are some suggestions:

- First identify the stressor. What's causing you to feel stressed?
- Avoid hassles and minor irritations if possible. If traffic jams because you stress, try taking a different route, riding the train or bus, or car-pooling.
- When you experience a change in your life, try to continue doing the things that you enjoyed before the change occurred.
- Learn how to manage your time effectively, but be realistic and flexible when you plan your schedule.
- Do one thing at a time; concentrate on each task as it comes.
- Take a break when your stressors compile to an uncontrollable level.
- Ask for help if you feel that you are unable to deal with stress on your own.

Source: WebMD.com



Minute Menu Magic

February 2010

BREAKFAST

*Carrot Cake Pancakes (101)	Rye Toast (48)	Breakfast with <u>Karen Myers</u> Quaker Toasted Oatmeal Cereal (176)	*Orange Polentina (17)	Cinnamon Biscuits (05)
Carrots (170), Raisins	Tomatoes(250),Onions	Apricots (03)	Oranges (26)	Canned Peaches (31)
	Omelet		Yogurt	
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)

Snack with

SNACK

<u>Tammy Miller</u> Mozzarella Cheese (140)	Baked Apple (01) with	Bananas (04) rolled in	Plain Low-Fat Yogurt (157) mixed with	HM Peanut Butter Cookies (271)
English Muffins (023) Tomato Sauce (208)	Low-Fat Granola (157)	Walnuts(174)	Crushed Pineapple (34)	Low Fat Milk (6)

Lunch with

LUNCH/DINNER

Stew Beef (21)	<u>Alla Franchuk</u> Chicken Lunchmeat (036) w/ American Cheese	Baked Fish (72)	Grilled Cheddar Cheese Sandwiches (132)	Pork Chops (51)
Mixed Vegetables (207)	Lettuce/Tomato Salad (205)	Steamed Spinach (245)	Minestrone Soup (271)	Sautéed Broccoli (164) and Mushrooms
Apple Slices (01)	Oranges (26)	Oven Fries (224)	Celery Sticks (172)	Strawberries (43)
Dumplings (21)	Whole Wheat Bread (56)	Seasoned Quick Barley (75)	French Bread (25)	Popovers (41)
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)

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Refrigerated Low Fat Milk Buttermilk Mozzarella, Cheddar & American Cheeses Greek-style & Plain Yogurts Stew Beef Pork Chops Chicken Lunchmeat	Produce Celery Apples Carrots Oranges Bananas Tomatoes Lettuce Onions Spinach Broccoli Mushrooms Potatoes
Packaged Whole Wheat, Rye & French Breads Quick Barley Quaker Toasted Oatmeal Cereal Low Fat Granola Honey Raisins English Muffins Enriched Polenta or Cornmeal	Canned /Bottled Peanut Butter Minestrone Soup Crushed Pineapple Juice-pack Peaches Apricots (drained) Tomato Sauce
	Frozen Fish Mixed Vegetables Strawberries

Orange Polentina

3 Oranges
2 C Water
4 T Honey, Divided
3/4 C Enriched Instant Polenta or Enriched Fine Cornmeal
Zest one of the oranges to get 1 1/2 tsp.; set aside. Peel remaining oranges and divide into segments; set aside. Combine water, milk and salt in a heavy saucepan and boil. Gradually whisk in polenta and return to a boil. Reduce heat to med-low, whisking until polenta thickens, 1-5 min. Remove from heat. Cover. Let stand for 5 min. Combine yogurt, 1 T honey and 1/2 tsp. zest in a small bowl. Whisk the remaining honey and zest into the cooked polentina. Divide between 6 bowls and add a dollop of yogurt mix. Garnish and serve with extra orange segments. *Source: Eating Well, 2/2010*



Carrot Cake Pancakes

1 1/4 C Enriched Flour
1/4 C Chopped Walnuts, Toasted
2 tsp. Baking Powder
1 tsp. Cinnamon
1/4 tsp. Salt
1/8 tsp each Nutmeg, Ground Cloves, Ground Ginger
1/4 C Brown Sugar

3/4 C Buttermilk
1 T Oil
1 1/2 tsp. Vanilla Extract
2 Eggs, Lightly Beaten
2 C Finely Grated Carrot

Cooking Spray

Combine all ingredients, except carrots, raisins and cooking spray, in a large bowl. Fold in carrots and raisins. Heat large skillet over medium heat. Coat with cooking spray. Spoon 1/4 C batter into pan for each pancake. Cook 2 min. until tops are covered with bubbles, flip and cook until brown. Serves 12 *Source: Cooking Light January/February 2010*

